

Answer the following questions by identifying if the statements are true or false:

1. Health can be defined as state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity

- A. True
- B. False

2. Illness can be seen as

- A. having a specific disease
- B. showing symptoms of pain
- C. a state of being unwell physically
- D. All of the options apply

3. What does WHO stand for?

- A. World Health Opinions
- B. World Health Organization
- C. Whole Health Organization
- D. World Heart Organization

4. Match each of the following terms to its explanation or its definition in the table below.

	Term		Explanation
1	Physical health	a	a situation where one effect causes a series of similar effects to happen
2	Social health	b	refers to feelings and emotions.
3	Mental health	c	May include diseases such as diabetes, heart disease, fractures, and cancer.
4	Emotional health	d	ability to build and keep relationships
5	Domino Effect	e	includes how we think, feel and act.

5. Choose the correct answer

Challenges within the environment that can affect your state of health are called _____

- A. Domino effect
- B. Whether effect
- C. Barrier
- D. Peer pressure

6. A feeling that you must do the same things as people to gain their respect is called _____

- A. Domino effect
- B. Whether effect
- C. Barrier
- D. Peer pressure

7. Identify the health barriers from the list below

- A: The weather
- B: Peer Pressure
- C: Available food resources
- D: all of the options apply

8. Physical health is not just the absence of disease. There are many other factors that can contribute to physical health. Choose these factors from the list below

- A. Having an internal conflict
- B. developing a self esteem
- C. Learning to be positive emotionally
- D. Exercising regularly

9. Identify a way to improve your social health.

- A: Learning how to contribute positively to your relationships
- B: Conflict management skill development
- C: Learning to communicate effectively with your family
- D: All of the options apply

10. Match each of the causes of mental health disorders below to the correct example.

1	Biological factors	A	Nawaf's father died when he was five years old. As the only male in the family, he no longer had a father figure which damaged his mental health as he grew older
2	Psychological factors	B	Khalid has a family history of dementia, at the age of 70 he was also diagnosed with the disease.
3	Social factors	C	Hamad has an eating disorder which has been caused by comparing himself to pictures of other boys on Instagram.

11. Match the method of improving emotional health with the correct description.

	Method		Description
1	Emotional regulation	A	A short walk can help to clear negative thoughts.
2	Exercise	B	Take a few minutes of your day to give your brain a break.
3	Strengthen connections	C	Listen to music, read a book, or write a journal.
4	Be mindful	D	Spend time with family and friends, either in person or on the phone.

